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UNITED STATES DEPARTMENT OF AGRICULTURE
STATES RELATIONS SERVICE

SAVE WHEAT—USE WHEAT SUBSTITUTES

YEAST BREAD GUIDE

These recipes have been tested in the Experimental Kitchen of the U. S. Department of Agriculture, Office of Home Economics, and of the U. S. Food Administration, Home Conservation Section.

I. A LOAF OF BREAD USING HALF WHEAT FLOUR

<i>All of These</i>	<i>with</i>	<i>One of These</i>	<i>and</i>	<i>One of These</i>
1 $\frac{1}{4}$ cups liquid		1 $\frac{3}{4}$ cups barley		1 $\frac{1}{4}$ cups (scant) corn flour
$\frac{1}{2}$ cup mashed potato		1 $\frac{3}{8}$ cups ground rolled oats		1 cup (scant) potato flour
2 $\frac{1}{2}$ cups wheat flour		1 $\frac{1}{4}$ cups (scant) peanut flour		1 $\frac{1}{8}$ cups (scant) rice flour
$\frac{1}{4}$ cake yeast		1 $\frac{1}{8}$ cups (scant) soy bean flour		1 $\frac{3}{8}$ cups sweet potato flour
1 tablespoon corn sirup				1 $\frac{1}{8}$ cups (scant) tapioca flour
2 teaspoons salt				

1. Make a sponge of materials in first column.
2. Grind rolled oats in food chopper, using fine knife. Measure after grinding.
3. Potatoes should be freshly mashed with no fat or milk added. The potato water is an excellent liquid to use in bread making.
4. Sponge should stand in warm place until very light.
5. Mix the substitutes chosen from columns two and three and work into sponge when light.
6. Let rise until double in bulk.
7. Knead, shape in loaf, brush top of loaf with melted fat, and allow to double in bulk again.
8. Bake in hot oven for an hour and a quarter.

II. A LOAF OF BREAD USING ONE-FOURTH WHEAT FLOUR

<i>All of These</i>	<i>with</i>	<i>One of These</i>	<i>and</i>	<i>One of These</i>
1 $\frac{1}{4}$ cups liquid		2 $\frac{1}{2}$ cups barley		1 $\frac{7}{8}$ cups (scant) corn flour
$\frac{1}{2}$ cup mashed potato		2 $\frac{1}{8}$ cups (scant) rolled oats		1 $\frac{3}{4}$ cups (scant) rice flour
1 $\frac{1}{4}$ cups wheat flour				2 $\frac{1}{8}$ cups sweet potato flour
$\frac{1}{4}$ cake yeast				1 $\frac{3}{4}$ cups (scant) tapioca flour
1 tablespoon corn sirup				
2 teaspoons salt				
1 egg				

1. Make a sponge of materials in first column (except egg) and one-third of mixture chosen from second and third columns.
2. Potatoes should be freshly mashed with no fat or milk added.
3. Sponge should stand in warm place until very light, at least 2 hours.
4. Work in balance of substitute mixture when sponge is light.
5. Work in egg beaten slightly.
6. Shape into loaf. Place in pan. Brush top of loaf with melted fat.
7. Let rise to double bulk and bake in hot oven for an hour and a quarter.

III. A LOAF OF BREAD USING NO WHEAT FLOUR

<i>All of These</i>	<i>with</i>	<i>One of These</i>	<i>and</i>	<i>One of These</i>
1 $\frac{3}{4}$ cups liquid		3 $\frac{3}{8}$ cups barley		2 $\frac{1}{2}$ cups corn flour
1 tablespoon corn sirup		2 $\frac{3}{4}$ cups ground rolled oats		2 $\frac{1}{8}$ cups rice flour
$\frac{1}{4}$ cake yeast				2 $\frac{3}{4}$ cups sweet potato flour
2 teaspoons salt				2 $\frac{1}{8}$ cups (scant) tapioca flour
1 egg				

1. Make a sponge of materials in first column (except egg) and one-half of mixture chosen from columns two and three.
2. Follow directions as given under Loaf II.

CAUTIONS

1. All measurements should be level to be accurate. A standard measuring cup is equal to a half pint. There are 16 level tablespoons in a standard cup.
2. Be sure to use the same cup to measure liquid and dry materials.
3. The substitute bread doughs lack elasticity and are often crumbly and hard to mold into loaves.
4. The substitutes vary considerably in different localities, so slight variations in the amount of dry ingredients may be necessary.
5. These breads should be baked in individual loaf pans or in small rolls for best results.

